

OHCR's Quarterly

HELP

is here.

PREVENT • TREAT • RECOVER



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Office of Health Crisis Response

Welcome to our first OHCR quarterly newsletter!

We want to make sure you know all the fun and helpful events we do throughout the year and hope you can participate too!

In this issue:

- Engaging Faith in Recovery1
- First Responder Summit.....2
- Upcoming Events.....3
- Resource Page.....4



(left to right) Chris Foster, Joe Spagnolo, Tyler Wolfenden, Katie Capelli, Candice Brady, Heather Duffy, Anne Carr, Jennifer Lynch, Emily Brown, Rachelle Swanson; not pictured: Kate Brookins, Jamaaladeen Brady, Allenet Dessuit and Danielle Evins.

Engaging Faith in Recovery

by Anne Carr



Faith
Forward
Collaborative
Healing
Substance
Addiction

The Faith Forward Collaborative presented a conference to encourage, educate, and empower faith communities to address substance addiction issues.

Lt. Governor Bethany Hall-Long opened the conference and welcomed attendees by talking about the important role faith plays in recovery.

Keynote speaker, Rev. Erica Poellot, is the director of Faith in Harm Reduction/National Harm Reduction Coalition and Minister of Harm Reduction and Overdose Prevention Ministries at United Church of Christ. Rev. Poellot, who is nationally recognized for her work with harm reduction, discussed how harm reduction can help win the war against drug overdoses.

Scott Haga, a Senior Consultant with HMA Institute on Addiction, presented 'Addiction: Not Just a Matter of Willpower'. Mr. Haga explained that addiction is a treatable, chronic medical disease, and submitted strategies the group can use when working with a person that has a substance use disorder.

'The Path to Recovery' presented by Pam Adams, director of spiritual life and university chaplain at Delaware State University and Mr. Everett Montgomery, substance abuse counselor for the Ann and Isaiah Project, gave insight into what recovery from substance use disorder looks like and what it takes to maintain recovery. Trauma Matters facilitated Healing Circles. These smaller groups emphasized connectedness and spiritual and emotional support. Attendees were excited to learn this way to process trauma.

Finally, all attendees participated in Overdose Recognition Training and received a Narcan kit. We look forward to participating again in May 2023.

Pictured left: Pam Adams and participants in the Healing Circle



Pictured : Lt. Governor Bethany Hall-Long



or



Wellness Summit
Strategies for Law Enforcement & Partners



Wellness Summit

by Anne Carr

First responders are impacted by everyday stress and trauma, and the opioid epidemic is compounding this already stressful job. During the monthly Responder Wellness presentations, Amy Kevis, executive director of Partners in Public Safety Solutions and former New Castle County police officer, received feedback that more help is needed. With that in mind, we held a Wellness Summit targeted to law enforcement and partners, to provide wellness strategies to aid in managing this stress.

Attendees from the following agencies participated; Department of Corrections, Delaware Natural Resources Police, Delaware State University Police, Department of Justice, Delaware Substance Abuse and Mental Health (DSAMH), Milford Police Department, Millsboro Police Department, New Castle County Police Department, and Treatment Access Center.

Amy Kevis, presented First Responder Wellness: Physical and Mental. She discussed how the opioid epidemic has increased burnout and compassion fatigue. Kevis discussed the various types of stressors and presented strategies for managing this stress.

Chaplain Sheryl Allston presented Law Enforcement and Addiction. Chaplain Allston shared stories of officers who had overcome addictions, and of officers who had family members struggling with addiction. Chaplain Allston stated, "It's hard to make a family member understand addiction and one of the biggest problems is finding someone to talk to." She also provided helpful resources.

Jeffrey Wasserman recently became a Certified Peer Recovery Specialist, a specially trained professional who has experience with mental illness, addiction, and recovery; plus, supports others going through similar life challenges they once experienced. He discussed the similarities between substance addiction and gambling addiction. He says, "The public think both are a moral failure when in truth they are legitimate mental health disorders."

Brad Cole, executive director & All-Hazards Psychological Trauma Responder of K9 First Responders, Inc., responds to all levels of trauma, with his canine first responder (Niko Sauva). K9 First Responders is a critical incident mental health support organization that uses dogs to promote trust. Cole's dogs are different from public safety comfort dogs and he informed how dogs can shift people in ways that humans aren't able to. As a powerful tool in the wake of critical incidents, K9 First Responder dogs help people physiologically and behaviorally.

Robin Belcher-Timme, Psy.D., ABPP, a board-certified forensic psychologist, discussed the unique stressors of being in law enforcement compared to other fields of work. Dr. Timme focuses heavily on correctional healthcare, providing evaluation, consultation, diagnostic and psychotherapy services to jails and prisons. He discussed the effects of trauma on the body as well as the mind and that suicide for justice professionals is higher than any other group of professionals. He reminded the group that simple techniques such as peer relationships and mindfulness activities can have tremendous protective benefits.

Evaluation responses showed that participants felt the presenters were interesting and covered important topics. Another summit is being planned for October.



Pictured : Chaplain Sheryl Allston

**OFFICE OF HEALTH
CRISIS RESPONSE (OHCR)
MISSION STATEMENT**

OHCR's mission is "to effectively and efficiently respond to an identified public health crisis by establishing processes and programs to prevent, manage and neutralize the crisis in collaboration with federal, state and private entities"



DELAWARE
Community Response Team

PAST EVENTS



Drug Take Back Day,
April 2022



Bricklayers Union Local #1
June 20, 2022



aTAcK Addictions 5K race
March 5, 2022

UPCOMING EVENTS



Overdose Awareness Day

Friday, August 26, 2022

5:00p.m. to 7:30p.m.
Delcastle Recreational Park
2920 Duncan Road
Wilmington, DE 19808

The Delaware Community Response Team is partnering with Face the Facts to host the 3rd Annual Overdose Awareness Day. This will be a day of remembrance and education.

For more information contact:
overdoseawarenessde@gmail.com

HOSTED BY:



Like us on facebook



DELAWARE
Community Response Team

MONTHLY NEW MEMBER ORIENTATION

Become a member of the Delaware Community Response Team. Our goal is to help end overdose and addiction related deaths and eliminate barriers to care and support while reducing addiction related stigma in the State of Delaware. We also look to address the increase of Opioid use within the state.

Hosted By:
Allenet Dessuit, BSW, CHW

1st Wednesday of each month
Via Microsoft Teams
11:00 a.m. to Noon

[CLICK HERE TO JOIN THE MEETING](#)

Registration is not needed

OHCR's Quarterly: Resource Page

The OHCR team:
Kate Brookins, Public Health Administrator, Director OHCR
 Candice Brady, *Naloxone Program Coordinator*
 Jamaaladeen Brady, *Community Relations Officer, OComms*
 Emily Brown, *Fiscal Support*
 Katie Capelli, *Epidemiologist II*
 Anne Carr, *Community Outreach Coordinator*
 Allenet Dessuit, *Community Response Team Coordinator*
 Heather Duffy, *Administrative Assistant II*
 Danielle Evins, *Health Care Educator & Trainer*
 Chris Foster, *Deterra Bags Coordinator*
 Jennifer Lynch, *Communications & Marketing Coordinator*
 Joe Spagnolo, *Law Enforcement Naloxone Coordinator*
 Rachelle Swanson, *Executive Assistant*
 Tyler Wolfenden, *Contract & Vendor Oversight*

The Office of Health Crisis Response (OHCR) provides support and partners with Delaware's communities and agencies to combat the opioid crisis.

Interested in Narcan training?



[Click here!](#)

DETERRA BAGS

is the only product that is independently tested and scientifically proven to destroy drugs for good

[Safe Storage & Disposal Information here](#)



WHAT IS FENTANYL?

...a synthetic opioid that is 80 to 100 times stronger than morphine. Pharmaceutical fentanyl was developed for pain-management treatment of cancer patients. Illicitly manufactured, fentanyl can not be detected by sight, smell or taste! Many users don't realize that the drugs they are purchasing may contain fentanyl – which often results in overdose deaths

FENTANYL DRUG WARNING

Fentanyl is showing up in cocaine, heroin, marijuana, PCP, and other illicit drugs, causing drug overdoses and deaths.

If you use drugs, you may be at risk for ingesting fentanyl without even knowing it.

Fentanyl was involved in **80%** of deaths in 2021

Fentanyl is **50 to 100** TIMES MORE POTENT THAN MORPHINE

515 OVERDOSE DEATHS in 2021

In 2021, overdose deaths were up over **15%** from 2020

If you or someone you know is struggling with addiction or using illicit drugs, get help. Treatment works.

CALL THE DELAWARE HOPE LINE 24/7

1-833-9-HOPEDE (833-946-7333)

Free counseling, coaching, support, and links to services.

HelpsHereDE.com



Residential care, intensive outpatient, and medication-assisted treatment. Go to HelpsHereDE.com to find out where you can get it.

Last updated 3/16/2022



www.HelpsHereDe.com

Don't let back-breaking work break you.



Restaurant Industry

The Restaurant Accolade Program trains and educates restaurant industry staff on how to reverse an opioid overdose and support coworkers with substance use disorder (SUD). [More info here!](#)

OPI RESCUE APP
 DOWNLOAD THE
 FREE APP



Construction Industry

State-level studies have found that construction workers are six to seven times more likely to die from an opioid overdose than workers in other professions.

The physical demands of construction jobs are unavoidable. Pain, injury, and disability can lead to addiction and overdose. The loss of lives – not to mention the costs associated with the loss of safety, productivity, and retention – mandate a plan of action.

